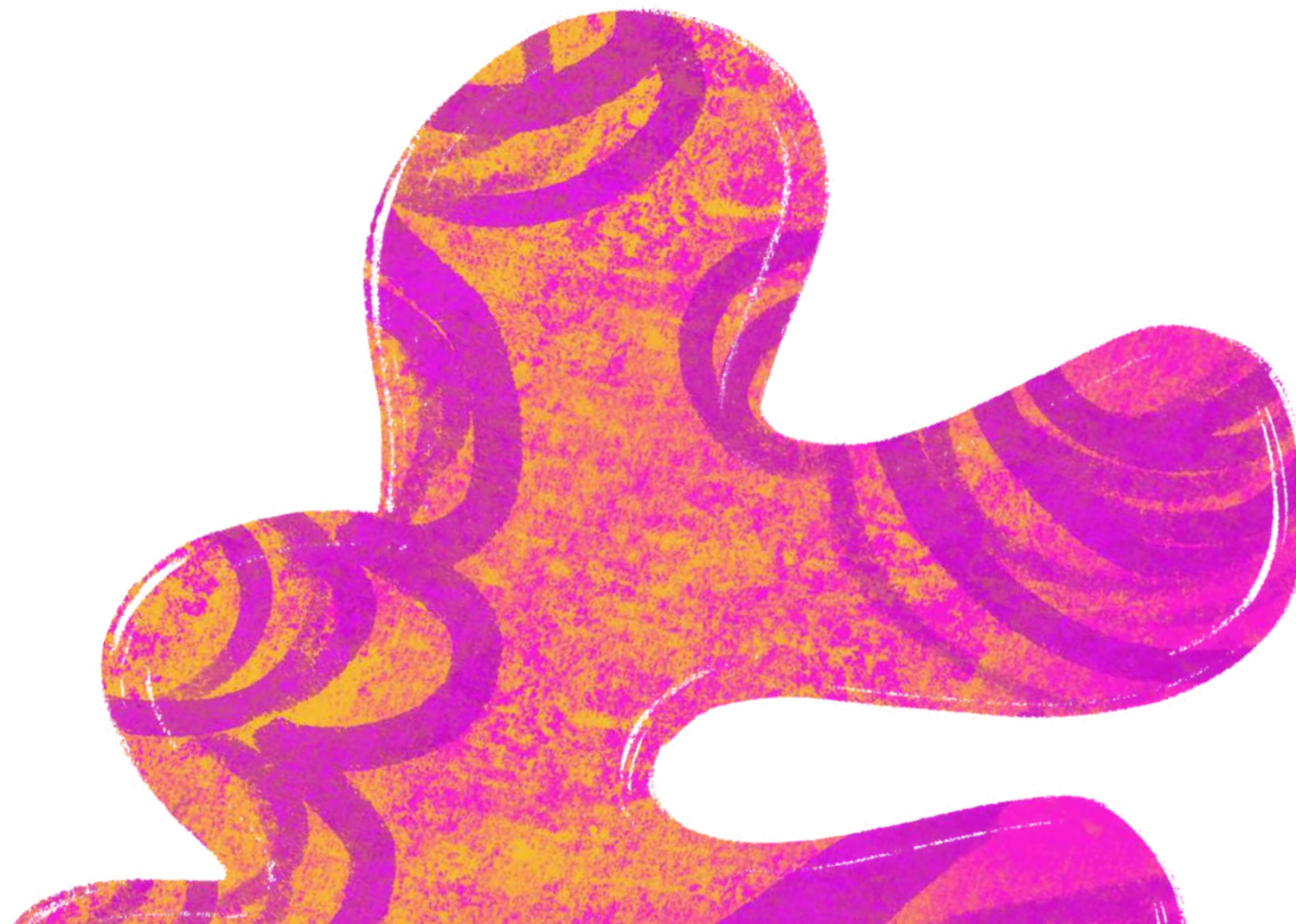


SirinTales

Let's Heal Together





Unwanted Physical Contact That Might Be Considered Sexual Harassment

- Touching Such As Patting, Pinching, Stroking, Groping Or Brushing Up Against The Body
- Invading Another's "Personal Space"
- Attempted Or Actual Kissing Or Fondling
- Physical Assault
- Any Unwanted Sexual Touching, Attempted Rape Or Rape
- Touching Or Rubbing Oneself Sexually Around Another Person, Exposing One's Underwear Or Genitals



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Examples Of Gestures Or Non-verbal Behaviors That Might Be Considered Sexual Harassment:

Sexual Looks.

Such as leering, staring, ogling with suggestive overtones.

Staring.

Staring at an individual, looking the person up and down (elevator eyes) or staring at a certain body part (chest, bottom).

Lewd Gestures.

Licking lips or teeth, winking, throwing kisses, holding or eating food provocatively/sexually.

Giving intimate.

Showing someone sexually suggestive or explicit visual images and Leaving inappropriate and suggestive notes.

Examples Of Verbal Behavior That Might Constitute Sexual Harassment :

Repeated Comments.

Comments on someone's appearance, clothes, hair, physique or Calling an adult a girl, boy, hunk, babe, honey, stud, sugar, or any unprofessional (and often derogatory) pet name.

Telling sexually oriented jokes.

Telling sexually oriented jokes and stories
Veering discussions to the topic of sex
Disseminating rumors about someone's sex life or preferences

Making any sexually charged noises .

Making any sexually charged noises like whistling, kissing sounds, smacking lips, or howling.

Asking about sexual preferences.

Asking about sexual preferences, history, fantasies, and the likes. .Repeatedly requesting or pressuring someone for dates

Examples of online/technology abuse that might constitute sexual harassment:

Monitoring a person's whereabouts

Monitoring a person's whereabouts using technological means (social media, gps tracking, etc.) and using this information to harass or stalk .

Telling sexually oriented jokes.

Telling sexually oriented jokes and stories
Veering discussions to the topic of sex
Disseminating rumors about someone's sex life or preferences

Unsolicited propositions

Unsolicited propositions for a date or sex, or sexually inappropriate comments/photos posted about a person via social media, online gaming, online discussion site, dating website, an app.

Unwanted sexting.

When a person texts a nude photo of themselves, or a photo of a specific body part.

Techniques to Protect Yourself from Sexual Harassment.#1

TRUST YOUR INSTINCTS

Trust Your Instincts. Listen to what your gut is telling you. There is no “right” or “perfect” response to harassment; however, studies show that having some kind of response (either in the moment or later) can reduce the trauma associated with harassment. If you decide to respond, do it for you. Remember it’s OK to do nothing. It’s even ok to smile and keep walking. You get to decide what’s right for you.



Techniques to Protect Yourself from Sexual Harassment.#2

PLUG YOUR EARS.

Catcallers get a kick out of knowing that you can hear the lewd remarks they hurl at you. Their goal is to make you feel uncomfortable because that gives them a sense of power over you.

Wearing earphones or headphones will make you a less appealing target to harassers since their hisses and hoots will fall on deaf ears.



Techniques to Protect Yourself from Sexual Harassment.#3

USE YOUR ARMS AS SHIELD.

Crossing your arms in front of your chest is one way to fend off potential advances. If you have to hold onto a vertical bar or a grab rail while riding a tram or bus crammed with passengers, then grip the support with both hands while keeping one arm slung across your chest. Avoid reaching for the hanging rails in situations where you don't feel safe. Extending the arm upward will leave your front exposed. Settle for the poles, and keep your arms as low and as close to your body as possible. When standing in line with your back to a stranger, you can keep your hands behind your back for protection.



Techniques to Protect Yourself from Sexual Harassment.#4

STRATEGIC POSITIONING

In crowded indoor situations that are critical, pick a spot where you can stand with your back against the wall or any physical structure such as tables. For example, when boarding an elevator, stand close to any of the three walls if possible. Or if you're waiting for the bus or the tram, stay within the bus stop shelter with your back to the wall.



*Let's Break
The Silence!!*
Thank you!

